CAMP KIRK

Camper Enrolment Package

SUMMER 2026

CAMP KIRK

TABLE OF CONTENTS

Welcome Letter ..... page 2

Arrival + Departure Information ..... page 3

Open House for New Families ..... page 5

Daily Schedule ..... page 6

Health Care at Camp ..... page 7

Medication Packaging ..... page 9

Suggested Packing List ..... page 10

Camp Communication ..... page 11

Organization Policies ..... page 12

Welcome to Camp Kirk

PREPARING FOR CAMP

We are thrilled to welcome your camper to Camp Kirk this summer! This enrollment package has everything you need to get ready for camp. Please take the time to go through each section, as it will set your camper up for a fantastic camp experience.

FILL US IN

We want to assure you that we've carefully assessed and prepared to provide the right program and support for your child to have a successful camp experience. However, if there is any additional information, tips, or strategies that you haven't shared with us in the application, we want to encourage you to send us an email with your thoughts.

WE'RE HERE TO HELP

We know a new camp experience, or even a new camp year, can be nerve-wracking for campers and families. We want you to know that we are here for you every step of the way, ready to offer help and support whenever you need it. This information package is designed to answer any questions you or your camper may have, but please reach out to us if you have any questions or concerns.

We're really looking forward to all the fun and excitement that this summer will bring, and we can't wait to see you.

Sincerely ,

Claire Beddoe
Camp Director

ARRIVAL + DEPARTURE INFORMATION

ARRIVAL DAY

Camper drop-off is **between 4:30 p.m. and 5:30 p.m.** on arrival day. After arriving at camp, the following will happen for each camper:

- **Health Screening**
  - Families will be asked to fill out a Health Screening Questionnaire to confirm that their child is feeling healthy and is symptom-free.
- **Lice Check**
  - Each camper's head will be checked for lice.
  - If a camper is found to have lice, their family will be asked to take their child home to provide treatment. A camper can return to camp as soon as the lice is gone. We encourage families to do their own lice check before leaving for camp- this can save some travel time!
- **Meet the Health Care Coordinator**
  - Any campers with the following will meet with the Healthcare Coordinator:
    - Medication
    - Incontinence issues and have daytime/nighttime protection
    - A significant medical concern (i.e. severe allergy, epilepsy, etc.)
- **Settle into the Cabin**
  - Campers will be sent to their cabin to meet their counsellors and cabin mates.
  - Family members can spend some time at camp, meet the staff, and settle their child into the cabin.
- **Say Goodbyes**
  - Once unpacked and settled, we ask that family members say their goodbyes so that their camper can have a chance to settle in (usually, the settling-in process won't begin until goodbyes are said!). We ask that families leave no later than **5:30 p.m.**
- **Get busy!**
  - Once unpacked and settled, we try to get campers engaged in an activity as soon as possible. Jumping into the pool or playing a game of Giant Chess can help the transition process to camp.

DEPARTURE DAY

Camper pick-up is **between 9:30 a.m. and 10:30 a.m**. on departure days. Families can expect the following when they arrive on property:

- **The Big Reunion:**
  - Families will be directed to drive right up to the cabin to be reunited with their child. Families will have a chance to chat with counselors and help their child say goodbye.
  - All belongings (including medication) will be packed, and ready to be put into the car.
- **Lost & Found**
  - We do our very best to ensure all belongings are packed and sent home with your child. Inevitably, though, we have a lot of Lost & Found at the end of each session! Families will be asked to visit the Lost & Found table to review the items.
- **Chat with a Camp Director**
  - The Camp Directors will be circulating to say goodbye to campers and to chat with family members. We aim to touch base with every family, but it can get busy. If you miss the chance to chat with one of the Camp Directors, and would like to chat about your child's session, please send us an email to schedule a debrief call- we'd be happy to chat!
- **Head on Home**
  - Once the car is packed, and goodbyes are said, families are asked to head home no later than 11:00 am.

DIRECTIONS TO CAMP

Driving to Camp Kirk from Toronto

- Take HWY. 401 to the Don Valley Parkway/HWY 404 Exit.
- Take HWY 404 North until it ends at Woodbine Ave.
- Turn left on Woodbine Ave, and then shortly after, turn right on Ravenshoe Rd towards highway HWY. 48.
- Turn left on HWY. 48 (northbound) and follow it to the junction of HWY. 12 & HWY. 48.
- Turn left on HWY 12/48, pass Beaverton and turn right on HWY.48 to Kirkfield.
- Drive through Kirkfield and just as you come out of town on your left will be a gate flanked by two lions on stone pillars.

WELCOME!

Open House for New Families

The Open House is an opportunity for new families to get familiar with the camp property, and to meet some staff, before the summer season. It is a great way for new campers to feel more confident about the new experience.

MARK YOUR CALENDARS!
2026 Open House
Saturday, June 20th
Drop-in 3:00 pm-5:00 pm

What is the Open House like?

The Open House is a casual event. When you arrive, your family will be matched with a staff member who will give you the 'Grand Tour'. You will have a chance to walk through the cabins, the Health Hub, the Dining Hall, etc. Hopefully, you will get a good sense of the Camp Kirk environment. As you tour the camp, the staff member will provide you information about camp life. The Camp Directors will be on hand to answer any questions you may have. The whole tour takes about 30-45 minutes.

Can we take pictures of the property?

Absolutely. Some families like to make a photo album that their child can look through in preparation for camp.

Can we bring our other kids, our dog, or Grandma?

If you feel your camper can take in all the info during the tour with their siblings etc. around, then the whole family can join in. If siblings pose a distraction, we ask that someone stay behind with them so the camper can soak in the camp environment during the tour. Siblings are welcome to hangout on the sport court, play games in the Dining Hall, or hangout by the campfire.

Your dog is welcome to attend the Open House (we love dogs!) but we ask that they stay on a leash.

Will we meet other campers from our session?

The Open House will host campers from all sessions. You may cross paths with a camper who will attend camp at the same time as you, but the Open House was not designed as a get-to-know-you event for campers.

Daily Schedule

TIME	Activity	DESCRIPTION
7:45 AM	Wake Up	The bell will ring at 7:45am to wake up our campers. For campers awake before 7:45 am, they can head to the dining hall to join the early morning crew to do quiet activities.
8:15 AM	KP & Meds	KP (Kitchen Patrol - setting the table) and Meds (reminder for anyone with meds to see the Health Care Coordinator)
8:30 AM	Breakfast	
9:30 AM	Activity 1 - Pod Groups	'Pods' are assigned groups that are a mix of kids from different cabins. Campers are in the same Pod for the duration of their session. Activities 1 & 2 are pre-schedule programs.
10:30 AM	Activity 2 - Pod Groups	
11:30 AM	Free Time	Campers are free to choose as they please- jump in the pool, play giant Jenga, build forts in the woods, play floor hockey or basketball...
12:15 PM	KP & Meds	KP (Kitchen Patrol - setting the table) and Meds (reminder for anyone with meds to see the Health Care Coordinator)
12:30 PM	Lunch	
1:00 PM	"Rest Hour"	Quiet, low-key activities (i.e cabin time, shower, board game in the dining hall, hang time in the Hammock Village).
2:00 PM	Afternoon Prep	Get ready for the afternoon- sunscreen, shoes, fill water bottles...
2:15 PM	Activity 3 - Cabin Groups	These programs are pre-scheduled. Cabin groups go to all of these activities together with their counselors.
3:15 PM	Activity 4 - Cabin Groups	
4:15 PM	Afternoon Snack	
4:30 PM	Free Time	Campers are free to choose as they please- jump in the pool, play giant Jenga, build forts in the woods, play floor hockey or basketball...
5:15 PM	Clubs	Clubs are a choice activity. Campers have a choice each day to sign up for 1 of 3 activities.
6:15 PM	KP & Meds	KP (Kitchen Patrol - setting the table) and Meds (reminder for anyone with meds to see the Health Care Coordinator)
6:30 PM	Dinner	
7:30 PM	Evening Program	Each evening there is a special evening program. These can be small group activities, full camp programs, or special events like campfires or showcases.
8:30 PM	Closing Circle + Snack	To end our day together, we gather around the campfire for shoutouts, ranger reports, and an evening snack.
9:00 PM	Bedtime Prep	Campers start to get ready for bed. After pajamas are on and teeth are brushed, each cabin will have a bedtime routine to wind down

Health Care at Camp

Our Health Care Director

From cleaning scraped knees to distributing medication, our Health Care Director ensures we're in tip-top shape to enjoy camp!

The Health Care Director is the main person on-site who oversees all matters concerning the health of our campers and staff. Our Health Care Director attends to any injury or illness, implements preventative strategies to keep us healthy (i.e. reminding us to drink water and apply sunscreen!), and manages all camper medications.

Our Health Care Director is typically a registered nurse or a nursing student, or a paramedic or paramedic student and they manage all health matters within the scope of their experience and certification. For any bigger health concerns requiring additional care, we use the support of the local medical clinic (5 minutes away) and the Lindsay Ross Memorial Hospital (20 minutes away).

The Health Hub

Centrally located at camp, the Health Hub is the place to go for all matters concerning health and wellness. A few special spots to note:

- **Health Care Director's Space:** The Health Care Director can usually be found at the Health Hub. All First Aid supplies and medication are stored here.
- **Change Rooms:** There are two rooms that can be used as a private space to change. These change rooms are used for various reasons- a camper is shy about changing in front of others, someone has had an accident and is getting cleaned up, a camper needs a quieter space to change and get ready for bed. Any camper is welcome to use the change rooms.
- **Camper Lounge:** The Camper Lounge is an area where campers can go when they need a space to decompress and relax. The Camper Lounge is stocked with equipment that can help kids feel calm- weighted blankets, a squeeze couch, a balance board, books, fidget toys, etc.

Medication

Method of Delivery

If a camper takes medication in a specific manner, we can make sure we deliver their meds in a similar way at camp. Please let the Health Care Director know of any specific instructions on arrival day. If your child takes their meds with applesauce, yogurt, or another type of food, please bring these extra supplies- they will be stored in the Health Hub.

Medication Timing
Generally, campers take their medication at camp at the same time they do at home. However, the camp day is quite different from a child's typical day at home/school, and in some instances, a child's medication times may need to be tweaked to be most effective at camp. For instance, if a child takes meds to help them regulate their behavior in a social setting, they may need their meds earlier at camp than they do at school (campers wake up in a social setting at camp!). Please talk to your child's doctor if you feel a timing tweak may be helpful during the camp stay.

Medication Vacations
We know that some families may want to put their child on a 'medication vacation' at times to give their child a break from their meds. If you are considering doing this during your child's camp stay, ***please keep us in the loop***. Knowing if a child is temporarily pausing their meds can help us problem-solve at camp if issues arise (ex: changes in eating, sleeping, and behaviour regulation).

NOTE: If medication is needed to help a child manage the social environment of school, we suggest that medication be maintained during their camp stay. Camp is an intensive social environment from sunrise to sundown- campers often need to expend more effort and energy than they do at school to be at their best and get the most out of the experience. However, this is a personal choice for every family and we certainly support whatever decision your family and your child decide.

Special Medical Concerns
If a camper has a special medical concern, our Health Care Director will contact you before camp to discuss a support plan. We ask that you provide as much detail as possible on your Medical Form, and if necessary, email us a document outlining any special care or considerations you'd like our team to note.

We have an anaphylaxis policy in place to keep campers with severe allergies safe. Please read our Anaphylactic Protocol for more details.

Communicable Disease Safety Plan
In order to keep our camp community as healthy as possible for the 2025 season, we have created a Communicable Disease Safety Plan to help us keep our camp gates open this summer. If you have any questions or concerns about our safety plan, please reach out to our office as we are always looking for new ways to keep our community safe and healthy.

Medication Packaging

To make our health care support and medication distribution as effective as possible, we require families to bring daily medication pre-packaged in blister packs. This process decreases the number of times your child's medication is reorganized by our staff, which will help minimize the chance for errors.

NOTE: An alternative name for 'blister packs' is 'compliance packaging'.

FREQUENTLY ASKED QUESTIONS

How do I blister pack my child's daily medication?
Shoppers Drug Mart, Rexall, and most other pharmacies provide this service free of charge. Simply bring the medication to the pharmacy and request the pills to be blister-packed.

How much medication should be blister-packed?
Please blister medication to last the full duration of your child's session, as well as a few days extra as a precautionary measure.

What about medication that is not in pill form?
Only pills can be blister packed, so please bring any other medication in its **original** container. **Please note:** we can only distribute medication that is in its original container, and is labeled by the pharmacy. Medications that are packaged in zip lock bags, or other packages that families have prepared, cannot be distributed.

What about medication that is only required when necessary?
If your child does not take the medication daily, there is no need to blister pack the pills. Simply bring that medication in its **original bottle**.

Do we need to blister pack over-the-counter medication or vitamins?
If the vitamins or over-the-counter medication is taken daily, we ask that you blister pack them. For example, many of our campers take melatonin nightly.

Can I create my own blister packs?
No. All prescription and over-the-counter medication, including vitamins, must arrive at camp in its original packaging, or in packaging prepared by a pharmacy. All medication must be labeled properly by a healthcare professional.

Suggested Packing List

Feel free to adjust the list to meet your child's needs, keeping in mind that camper laundry is done every other day.

CLOTHING

- ❑ 3 short sleeve T-shirts
- ❑ 2 long sleeve tops
- ❑ 1 warm sweater
- ❑ 1 light jacket/windbreaker
- ❑ A raincoat or poncho
- ❑ 2 pairs of shorts
- ❑ 2 pairs of long pants
- ❑ 2 pairs of pajamas
- ❑ 6 pairs of socks
- ❑ 6 pairs of underwear
- ❑ 2 swimsuits

HYGIENE ITEMS

- ❑ 1 toothbrush & toothpaste
- ❑ 1 hairbrush
- ❑ 1 bar of soap in a sealable container
- ❑ Shampoo
- ❑ Personal hygiene items, as required (deodorant, feminine hygiene items)
- ❑ Baggie/basket to carry toiletries

BEDDING & TOWELS

- ❑ 1 set of bed sheets (single bed)
- ❑ 1 warm blanket, duvet, or sleeping bag
- ❑ 1 pillow and case
- ❑ 1 bath towel and face cloth
- ❑ 2 beach towels

OTHER

- ❑ Sunscreen
- ❑ Insect repellent
- ❑ Flashlight and batteries
- ❑ Camera (no cell phones)
- ❑ Pens, paper, pre-stamped envelopes
- ❑ Books
- ❑ Stuffed Animals
- ❑ Musical instruments
- ❑ Costumes or dress-up clothes

FOOTWEAR

- ❑ 1 pair of sturdy running shoes
- ❑ 1 pair of sandals
- ❑ 1 pair of rain boots

Mandatory Items

- ❑ A sunhat with a brim
- ❑ A durable water bottle
- ❑ Running shoes

Clothing Labels

Please ensure that **all** of your camper's items are **clearly marked with your child's full name**.

Prohibited Items

Please **do not send** the following items to camp: Electronics of any type (including laptops, tablets/iPads, mobile phones, video games or electronic toys), money, pocket knives, hatchets and/or other potentially dangerous items.

Protective Garments

For children with incontinence issues: If required, please bring all daytime and/or nighttime protective garments with you to camp. Please pack enough garments to last the full session, as well as some extra just in case. On drop-off day we will set aside a cubby in the change room for your child with all their gear for the session.

Camp Communication

SNAIL MAIL

The mailing address for the camp is: Camp Kirk, 1083 Portage Road, Kirkfield, Ontario, K0M 2B0.

Please do not send candy or junk food to camp. Campers don't need it and it often causes undue friction between cabin mates.

We recommend mailing any letters a few days before your camper's session starts to make sure it arrives on time. Letters can also be dropped off on arrival day to be handed out through the session.

EMAILING

Family and friends are welcome to send emails to their campers. Simply send a message to program@campkirk.com. Once received, we print off a copy and place the message in a camper's mailbox. If a camper is keen to send a message back, they can handwrite a letter to be scanned and emailed home. Staff members can scribe notes if writing is not a camper's strong point.

NOTE: We ask that you monitor the frequency that you email your child- constant messages (i.e. more than 1x per day) can often take a child's mind out of the camp environment.

TELEPHONE CALLS

Generally, campers are not allowed to call home as a method to stay in touch. In our experience, telephone conversations are often more detrimental than helpful. Calls with family members can prevent campers from tapping into the support system at camp, and phone calls often flare homesickness. We always find emails a more productive way to keep in touch while still encouraging connection at camp.

In certain circumstances, the Camp Director and a family may decide together that a phone call may be beneficial. These phone calls are planned on a case-by-case basis.

CAMPER UPDATES

Families are welcome to call the Camp Director at any time to receive an update on their camper's stay. We will be happy to fill you in on your child's camp experience. The number at camp is **416 782 3310**.

Organization Policies

Here are some important organizational policies we'd like you to note in advance of camp.

- 2026 Payment Terms & Conditions
- Camp Kirk Community Guidelines
- LGBTQ+ Inclusion Policy
- Anti-Racism and Anti-Oppression Policy
- Anaphylactic Protocol
- Communicable Disease Safety Plan
- Camp Kirk's Privacy Policy